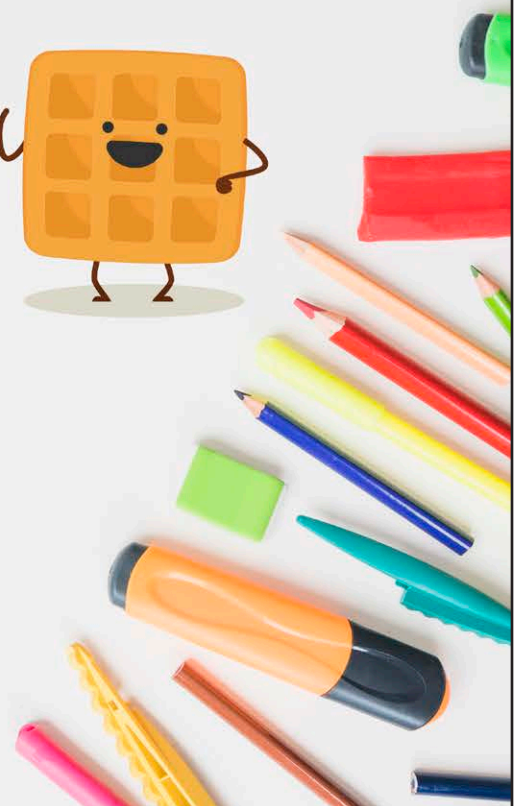
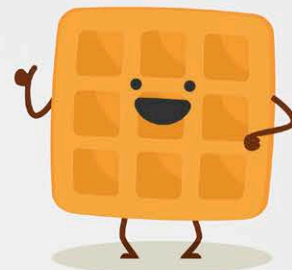
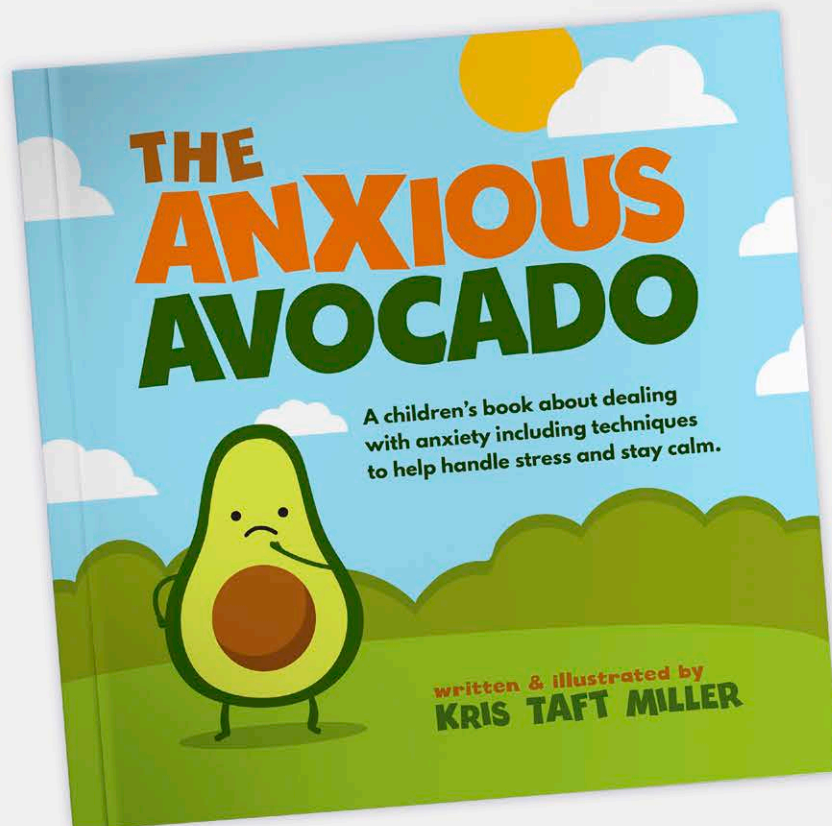


THE ANXIOUS AVOCADO

Join our friend, the Anxious Avocado, as he meets his various helpful friends who offer him valuable advice on dealing with his anxiety using their own experiences.

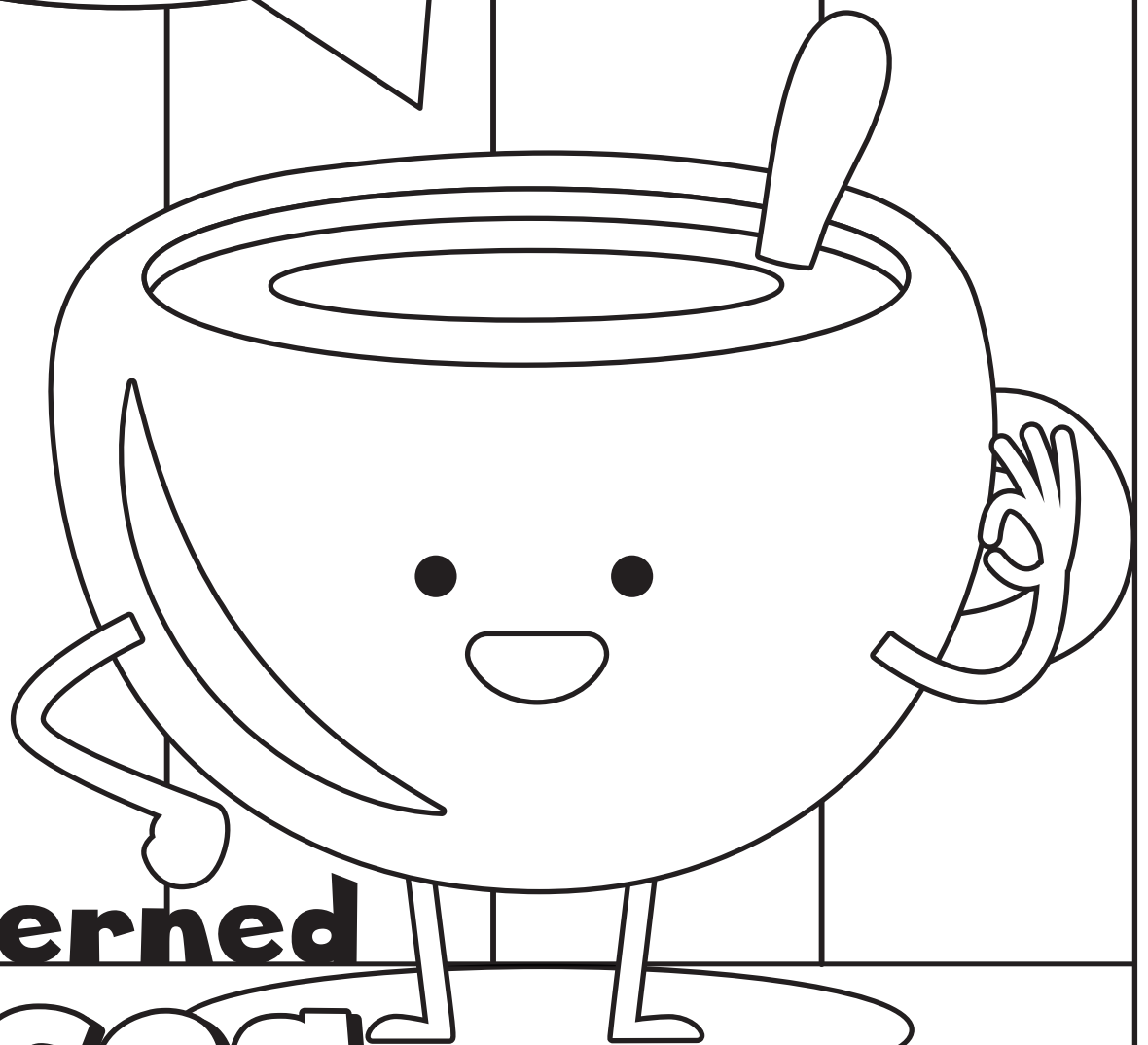
**CLICK HERE
TO CHECK OUT
THE BOOK!**



THE ANXIOUS AVOCADO



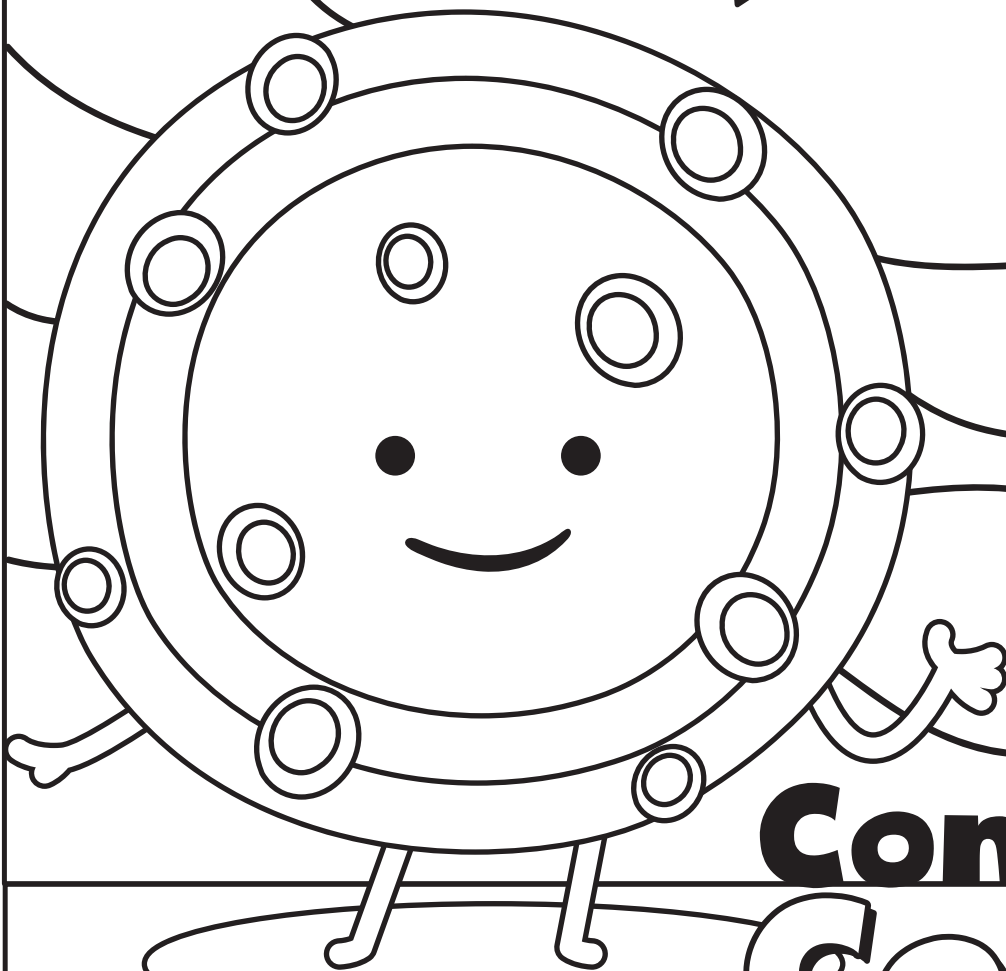
**DEEP
BREATHS,
YOU ARE OK.**



**Concerned
Cocoa**

**CHANGE
YOUR
MINDSET.**

THINK ABOUT IT ANOTHER WAY.



**Confused
Cookie**

**DON'T PANIC.
TALK TO
A GROWN-UP.**



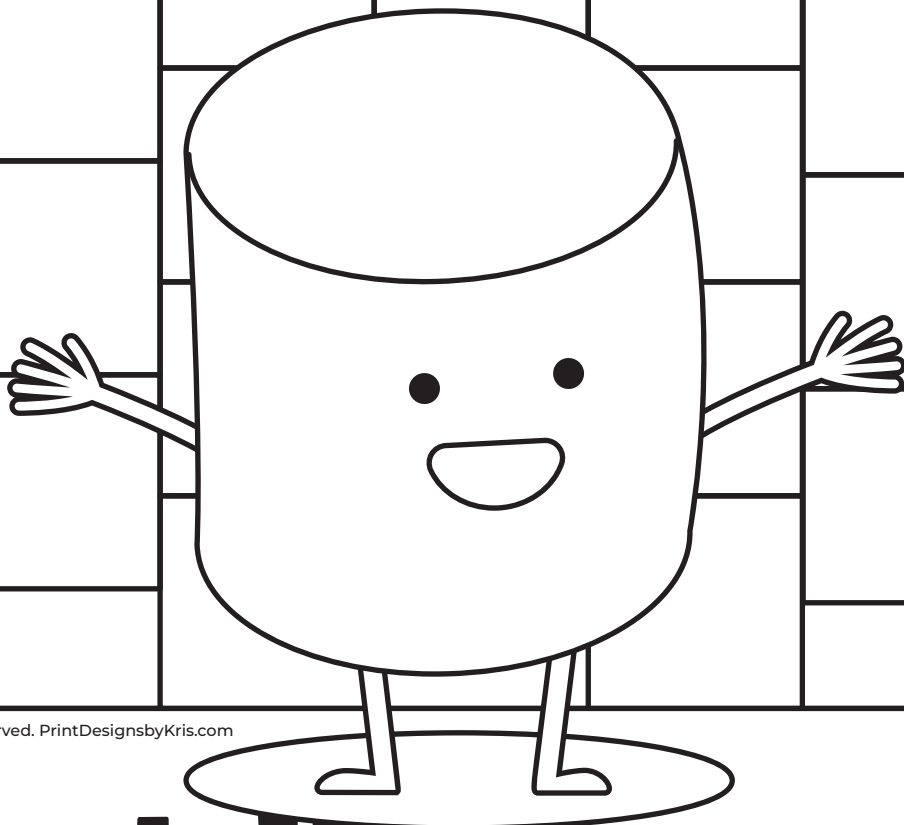
**Panicked
Peach**

**CALM DOWN
& COUNT.
YOU ARE SAFE.**



**Scared
Strawberry**

**MAKE IT
SILLY!
SO IT ISN'T SCARY!**

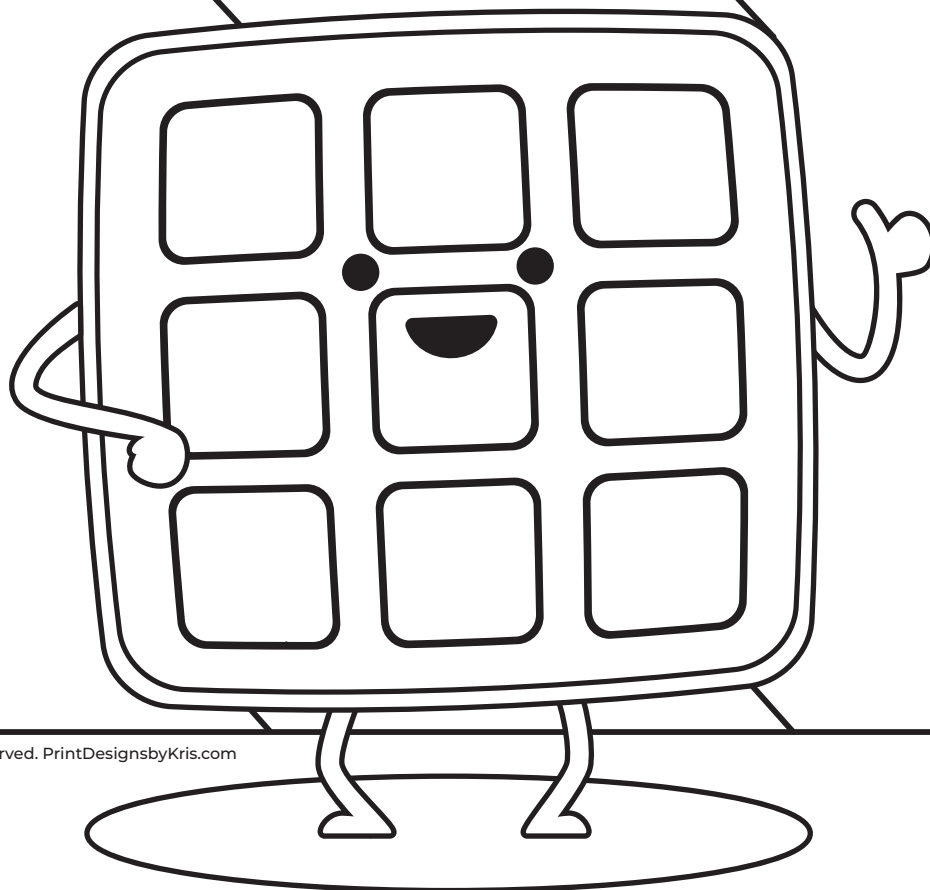


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**Mixed-Up
Marshmallow**

WRITE IT DOWN.

GET THOSE WORRIES OUT!

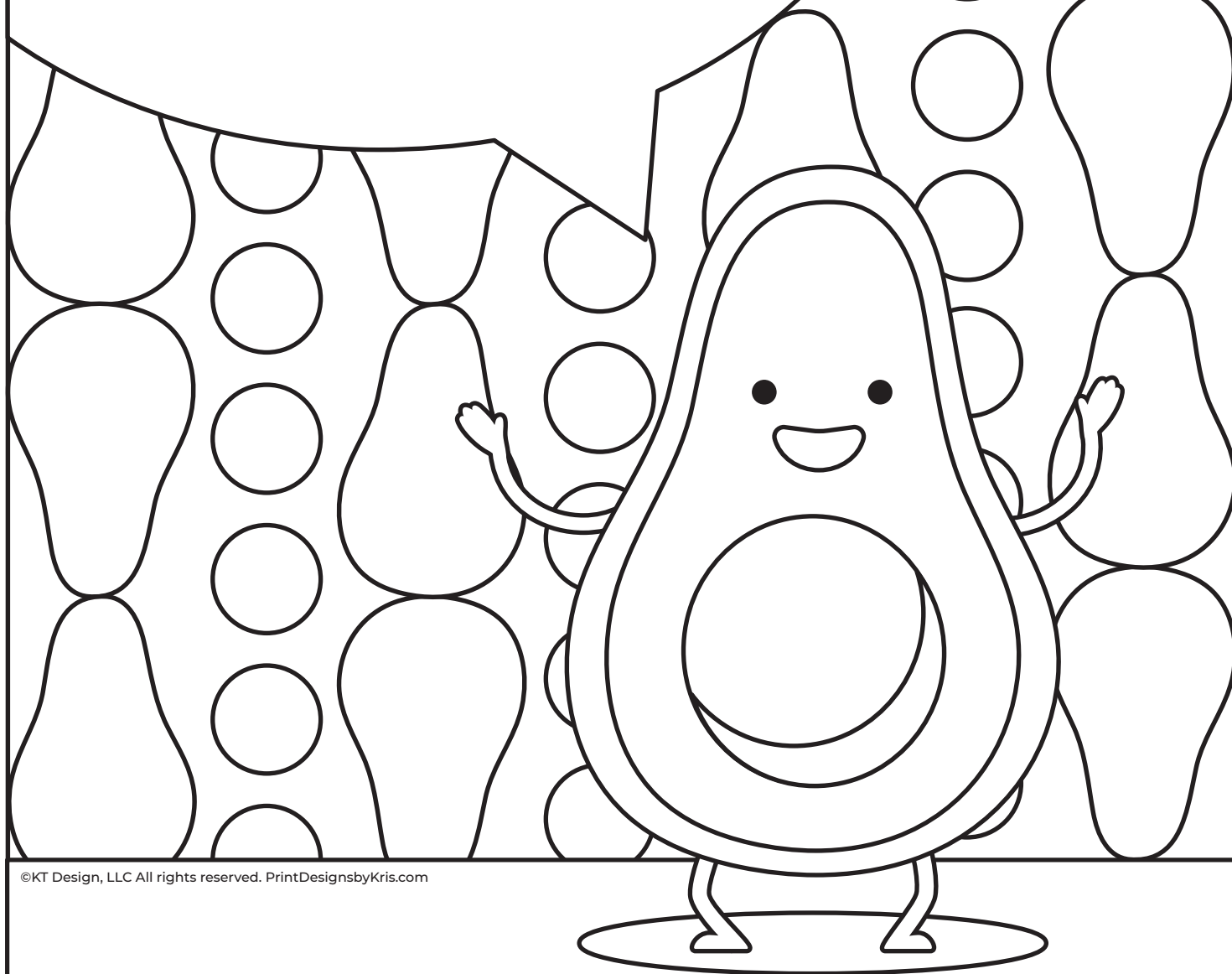


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Worried Waffle

ASK FOR HELP

WHEN YOU NEED IT.



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Anxious Avocado



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